

## Site Champion Training vs. Snow Days

We won!! Site Champion training prevailed! Those attending received great information on the *Motivating Mississippi – Keys to Living Healthy* site, the Site Champion toolkit, on-site wellness sessions, and other resources available. If you or your Site Champion could not attend the training, one of the ActiveHealth Wellness Coaches will be happy to sit down with you and go over the information that was presented.

## A Wealth of Knowledge

MyActiveHealth.com/Mississippi...it's just a click away! Encourage your employees to take advantage of this valuable resource! They can find recipes, health news, informative videos and a variety of interactive tools that can help answer their health and lifestyle questions.



March 2014

## Monthly Webinars

ActiveHealth provides a monthly newsletter that can be forwarded to your employees. The newsletter includes information about monthly webinars which will be open to all employees. Each webinar is repeated at 9:30 a.m., 1:30 p.m., and 5:30 p.m. so that all employees will have a chance to call in. The webinar schedule is:

Date	Topic
April 15 <sup>th</sup>	Tips to Fit in Fitness
May 13 <sup>th</sup>	Tobacco Free
June 10 <sup>th</sup>	Pumping up your Metabolism
July 8 <sup>th</sup>	Turn the Pressure Down – Blood Pressure
August 12 <sup>th</sup>	Know Your Numbers
September 9 <sup>th</sup>	ABC's of Diabetes
October 14 <sup>th</sup>	Sweet Slumber
November 11 <sup>th</sup>	Healthy Holidays
December 9 <sup>th</sup>	Calm Waters – Relieve Stress

## Onsite Wellness Coaches

Central - Brett Watkins - [jwatkins@activehealth.net](mailto:jwatkins@activehealth.net)  
Central - Rolanda Watkins-Perkins - [rperkins@activehealth.net](mailto:rperkins@activehealth.net)  
North - Patricia Heflin - [pheflin@activehealth.net](mailto:pheflin@activehealth.net)  
South - Scott McMullen - [smcmullen@activehealth.net](mailto:smcmullen@activehealth.net)

If you have any questions about the topics covered in this newsletter, please contact [Sharon.Kovarik@dfa.ms.gov](mailto:Sharon.Kovarik@dfa.ms.gov).